



Office of Emergency Management

SPRING QUARTER



MARCH, 2009

INSIDE THIS ISSUE:

- Take the Preparedness Challenge
- Hooray for CHiPP!
- Home Retrofit Classes

WHAT'S NEW!

- Check out the new Resource Book: [Click Here!](#)
- Skills Classes Start [March 6th!](#)
- SNAP Classes Start [March 11th!](#)



ANNOUNCEMENT!

New general information number for Seattle OEM is 206-233-5076.

Clean and Green Seattle's Arbor Day!

Come plant a tree in West Seattle! Meet in Fairmont Playground at 5400 Fauntleroy Way SW on March 27, 2010 from 9am-1pm. For more information, call 684-7389 or e-mail: ron.harris-white@seattle.gov

Take the Preparedness Challenge!

What is the Challenge you ask?

For 30 days, starting in April, we're challenging Seattle residents to take three steps to get themselves better prepared for disasters ... then teach three others to do the same!

"3 to Get Ready" is the theme. Those who complete three tasks and teach three others can then register on-line for a prize packet that includes a t-shirt, whistle and flashlight. It's that easy.

The three steps to take and teach are:

1. Store emergency drinking water: one gallon per person per day for three days is the *minimum*. Try to stock your home, car and work too.
2. Create an out-of-area contact: when phones are jammed locally, you have

a way to stay in touch with family and loved ones and let them know you're OK (or not).

3. Learn and practice drop, cover and hold: your safest action during an earthquake. When you feel the ground shaking, get low to the ground, under a table, desk or countertop, and hold on until 30 seconds after the earthquake stops.

Stay tuned to our home page for more details as we get closer to April.

Then, on April 21 at 9:45 a.m., Washington State holds its annual drop, cover and hold drill. This is a great time for everyone to practice what to do with family members at home and children at school. Everyone in your workplace can practice too!

Triangle of Life — Dangerous Misinformation!

On the heels of the devastating quake that hit Haiti, we have seen the recurrence of an earthquake theory that seems to make the rounds every few years.

The "Triangle of Life" is an alternative safety concept deemed inappropriate for earthquakes in the United States. Building codes here are some of the best in the world, so most injuries and deaths occur from non-structural threats (stuff inside the building), not from building collapse, as this theory supposes.

In the U.S., the best reaction to an earthquake is still to, "Drop" -get under a table, desk, or countertop, "Cover" -by protecting your head and neck, and "Hold on" -to the table leg until 30 seconds after the shaking stops. We encourage you to regard the Triangle of Life message as dangerous misinformation.

For more on earthquake safety, go to: <http://www.earthquakecountry.info/dropcoverholdon/> for links, other news stories and statements from the WA State Emergency Management Division and the King Co. Office of Emergency Management.



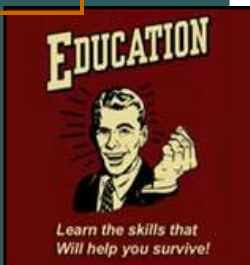
You can find CHiPP on [Facebook](#). You can also follow CHiPP discussions on <http://groups.google.com/group/capitol-hill-preparedness-people>.

Communications Academy

April 10-11, 2010

These classes are open to anyone who is interested in emergency communications, volunteer or professional. The presentations are designed to promote the development of knowledgeable skilled emergency communicators who will support their local communities during a disaster or emergency response. For more information, click [here!](#)

Home retrofit classes help you evaluate your home for earthquake preparedness



E-mail us your best preparedness tip, and you might be featured in the next newsletter!
SNAP@seattle.gov

New CHiPP on the Block

Recently in Capitol Hill, a new group formed called CHiPP (Capitol Hill Preparedness People!) It is the brain-child of Angela Wallis, and she wants to help her community get prepared.

Angela has been a student of disaster training for a few years now. In 2008, she completed CERT

(Community Emergency Response Team) training in Snohomish Co. In

2009, she attended the SNAP

(Seattle Neighborhoods Actively Prepare) class in Capitol Hill and took the emergency training offered by Sustainable Capitol Hill, both taught by Seattle OEM. With all this training, she says that she wanted to “follow through” on the promise of becoming more prepared.

The kick-off meeting for Capitol Hill Preparedness People was in January.

With the announcement of “Are You Ready For the Big One?” Capitol Hill responded, and their first meeting had 33 attendees.



Angela wants to be the catalyst for getting people to think about how they would respond during an emergency. She stresses that city responders will be outnumbered during a major disaster, so residents

need to respond to each other. That’s the basis of all this work—become personally prepared for at least three days, and get to know your neighbors.

The grassroots movement Angela has started is just one example of how everyone can get more prepared. Start with your own home and family. Make sure you have enough food and water for at least three days. Then make a plan for emergencies. Finally, get involved.

Take a class, get to know your neighbors, be your own responder!

For more information on steps to get personally prepared, check out the OEM [website](#).

Home Retrofit Classes

Okay, so you have at least three days of food and water, your family has a plan, and you know who to contact in an emergency. But what about your home?

If you are curious and want to learn from the experts about how to evaluate your home for earthquake safety, then check out our Home Retrofit Classes. They can be especially important for those who own homes built before 1980. This two-

hour class covers evaluation, installation, permit processes, safety information and consumer information. To learn more about this and other calendar events, [click here!](#) Please disregard the old 1-877-2-BOLT-IT number for registration and refer to our website, or call 206-233-5076. This is the same general information number for all OEM classes.